



# Law of 16

PARTICIPANT WORKBOOK

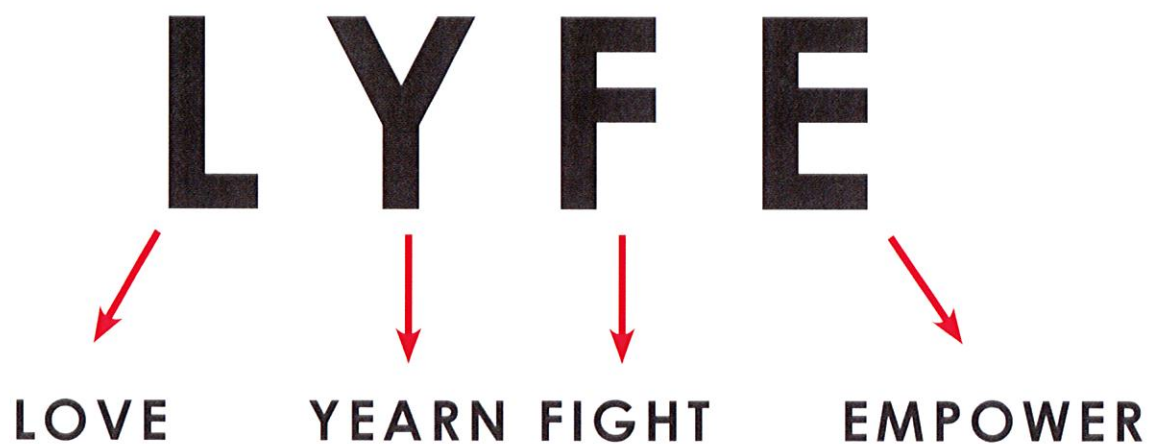




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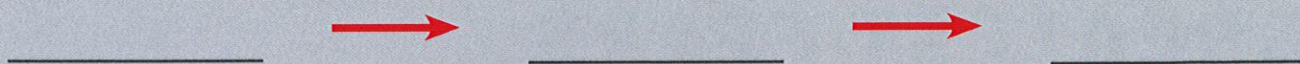
# OBJECTIVES

- 1 Summarize the current state of your life both personally and professionally
- 2 Identify changes you will make or desire to make both personally and professionally
- 3 Discuss and gain understanding of how our mindset plays a role in our personal and professional lives
- 4 Gain understanding of how ethical living and decision making plays a role in our lives
- 5 Discuss personal and professional growth
- 6 Connect with ourselves, so we can better connect with others and those we serve
- 7 Discuss personal and professional mission, vision, and value system
- 8 Create an individualized personal development plan and/or professional development plan using acquired research and knowledge



<b>L16</b>	<b>LOVE</b>	<b>YEARN</b>	<b>FIGHT</b>	<b>EMPOWER</b>
<b>SELF</b>	1	2	3	4
<b>FAMILY</b>	5	6	7	8
<b>BUSINESS</b>	9	10	11	12
<b>COMMUNITY</b>	13	14	15	16

# FOUNDATION



**LOVE** is:

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.....

.....

.....

**“DARKNESS CANNOT DRIVE OUT  
DARKNESS; ONLY LIGHT CAN DO THAT.  
HATE CANNOT DRIVE OUT HATE; ONLY  
**LOVE** CAN DO THAT.”**

**MARTIN LUTHER KING, JR.**

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**LOVE** GIVES US THE  
COURAGE TO FACE OUR  
GREATEST FEARS.

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# CONNECTIVITY is:

.....	.....
.....	.....
.....	.....
.....	.....

**“CONNECTING WITH YOURSELF  
AND KNOWING YOURSELF IS LIFE  
CHANGING.”**  
BRYANT MCGILL

# BALANCE is:

.....	.....
.....	.....
.....	.....
.....	.....



# L16 LOVE

IDENTITY:

MISSION:

VISION:

CORE VALUES:

WHY:

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# **L16 YEAR N**

## **INTENTIONALITY**

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# L16 FIGHT

CONTROL THE UNCONTROLLABLES

UNCONTROLLABLES:

## THE 5 M'S TO MASTERY

M

M

M

M

M

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# **L16 EMPOWER**







# SELF

IDENTITY:

SELF AWARENESS:

SELF REALIZATION:

MINDSET:

PERSONAL DEVELOPMENT:

MANAGING STRESS:

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# **L1** SELF + LOVE

IDENTITY: WHO AM I?

MISSION: WHAT I DO?

VISION: WHERE I'M GOING & WHAT I DESIRE TO ACCOMPLISH WITH MY LIFE

CORE VALUES: PRINCIPLES THAT GUIDE OUR INTERNAL CONDUCT AS WELL AS  
OUR RELATIONSHIP TO THE EXTERNAL WORLD.

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# CORE VALUES

**“ONCE YOU’VE TASTED SIGNIFICANCE,  
SUCCESS WILL NEVER TASTE THE SAME”**

**JOHN MAXWELL**

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# CONNECTIVITY EXERCISE

WHAT UNHEALTHY HABITS, MINDSET OR DEVALUING ACTIVITIES ARE YOU CONNECTED TO THAT YOU NEED TO DISCONNECT FROM?

WHO ARE THE UNHEALTHY/NEGATIVE PEOPLE IN YOUR LIFE THAT YOU'RE CONNECTED TO THAT "NEED TO GO"?

WHAT ARE HEALTHY HABITS, MINDSETS OR VALUE ADDING ACTIVITIES COULD/SHOULD YOU CONNECT TO?

WHAT KIND OF PEOPLE DO YOU WANT TO ATTRACT INTO YOUR LIFE AND CONNECT TO?

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# **L2** SELF + YEARN

VISION CASTING:

PERSONAL DEVELOPMENT PLAN:

VISION BOARD



# INTENTIONALITY

TO BE \_\_\_\_\_ MEANS TO MAKE A \_\_\_\_\_, AND MAKE IT A \_\_\_\_\_.

\_\_\_\_\_ = GOOD FRUIT; GOOD HABITS

\_\_\_\_\_ = BAD FRUIT; BAD HABITS; NOT JUST LESS FRUIT

BE \_\_\_\_\_ TO GROW THE KIND OF FRUIT YOU WANT TO BEAR IN YOUR LIFE... IT'S WHAT YOUR KIDS WILL PICK UP, EAT AND SHARE WITH THE WORLD

**“IF YOU CHANGE THE WAY YOU  
LOOK AT THINGS, THE THINGS  
YOU LOOK AT CHANGE”**

**WAYNE DYER**

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# **L3** SELF + FIGHT

MINDSET:

POSITIVE THINKING:

RESPONSE:

**“THE FIGHT  
ALWAYS  
BEGINS  
IN THE  
MIND, BUT  
VICTORY IS  
ACHIEVED  
IN THE  
HEART.”**

**Ted DiBiase Jr**

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# FEAR IS

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# **L4 SELF + EMPOWER**

THE \_\_\_\_\_ OF ONE'S OWN \_\_\_\_\_,  
TAKES \_\_\_\_\_,  
REQUIRES \_\_\_\_\_,  
CULMINATES IN \_\_\_\_\_.

**“YOU CANNOT CHANGE WHAT  
YOU REFUSE TO CONFRONT.”**

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# FAMILY

DEFINING/IDENTIFYING:

KNOWING EACH MEMBER:

QUALITY TIME/INTENTIONALITY:

CULTIVATING UNITY:

COMMUNICATION:

SERVE & PROTECT:

CELEBRATE:

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# **L5** FAMILY + LOVE

DEFINING/IDENTIFYING:

KNOWING EACH MEMBER:

THREE WAYS TO CONNECT AND UNDERSTAND YOUR FAMILY BETTER:

1. C
  2. C
  3. C
-

# **L6** FAMILY + YEARN

QUALITY TIME/INTENTIONALITY:

CULTIVATING UNITY:

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# **L7** FAMILY + FIGHT

IS YOUR KEY TO

# **L8** FAMILY + EMPOWER

HOW DO YOU EMPOWER YOUR FAMILY?

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# BUSINESS

CULTURE ANALYSIS:

IDENTITY:

RESPONSE TO OBSTACLES/ADVERSITY:

MANAGING EXPECTATIONS:

COMMUNICATION:

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# BUSINESS + LOVE

IDENTITY:

MISSION:

VISION:

CORE VALUES:

RELATIONSHIPS:

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**L10**

# BUSINESS + YEARN

\_\_\_\_\_ = \_\_\_\_\_

**L11**

# BUSINESS + FIGHT

5 WAYS TO FIGHT FOR YOUR BUSINESS:

**“LET YOUR  
LOVED ONES  
AND THE WORLD  
SEE YOU HARD  
AT WORK DOING  
WHAT YOU LOVE  
TO DO, BECAUSE  
YOU WERE  
DESIGNED AND  
CREATED TO BE  
GREAT AT DOING  
WHAT YOU WERE  
BORN TO DO...  
NOTHING LESS”**

# **L12 BUSINESS + EMPOWER**



# COMMUNITY

COMMUNITY UNITY:

COMMUNITY IDENTITY:

COMMUNITY RESPONSE:

COMMUNICATION:

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# L13 COMMUNITY + LOVE

L16	[LOVE] YOUR COMMUNITY	[YEARN] AREAS TO IMPROVE	[FIGHT] LEAD/SERVE	[EMPOWER] SUPPORT
RESOURCES				
OPPORTUNITIES				
LEADERSHIP/ INFLUENCERS				
STRENGTHS				
WEAKNESSES				
THREATS				
NEEDS				

# **L14** COMMUNITY + YEARN

WHAT IS YOUR DESIRE FOR YOUR COMMUNITY?



**L15**

# COMMUNITY + FIGHT





# COMMUNITY + EMPOWER

3 WAYS TO ENGAGE YOUR COMMUNITY?

1.

2.

3.

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